



**FISH**

**COOKERY**

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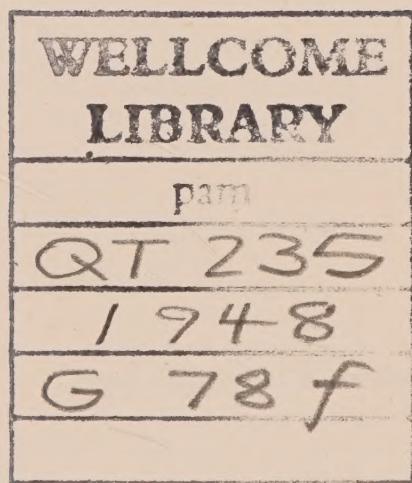
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Cookery**



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# Introduction

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WE are fortunate to be an island race. Our coasts have many fine harbours for ships and the seas round our shores teem with fish. Year in, year out, our fishermen bring us thousands of tons of the world's finest edible fish. While many nations with little or no seaboard would give much to have this valuable supply for its larder, we are inclined to think it dull and monotonous and do not always take the trouble to make as much use of it as we might. This attitude should be a challenge to the skill and ingenuity of our cooking, for the number of delicious fish dishes is legion. It is true that fish must be handled and cooked with care, but fish cookery is not difficult, nor does it demand long hours in the kitchen. It is therefore confidently hoped that the recipes in this booklet will bring new pleasures to all who enjoy good eating.

## *WHY FISH IS A VALUABLE FOOD*

**1** Fish is one of the best body-building foods (protein). Sea fish such as cod, haddock and herring contain about as much protein as meat. We all need protein, but growing children and expectant mothers need it most of all and they should eat plenty of fish. In addition, the oily fish, such as herring, mackerel and sprats, provide valuable amounts of vitamins A and D. Vitamin A keeps our eyes healthy and the linings of our breathing and digestive systems in good order, while vitamin D is necessary for the formation of strong bones and teeth.

**2** Fish is easily digested. The flesh fibres of fish are short and easily separated. They therefore cook easily and present less difficulty to our digestive organs than the fibres of other flesh foods. This is one reason why so many athletes train on fish.

**3** Fish helps to give variety to the menu. It can be served for breakfast, dinner, tea or supper ; in salads, savoury snacks and sandwiches, as well as in the tastiest of pies and pasties.

# 1 Sea & Freshwater Fish

## *Kinds of Fish and their Seasons*

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It will be sufficient for our purposes to divide fish into three main groups :—

1. Sea fish.
2. Freshwater fish.
3. Shell fish.

and, since the same methods of preparing, cooking and serving apply generally to all sea and freshwater fish, it will be simplest to discuss these two first and to leave shell fish for separate consideration later. This section of the book will therefore deal only with sea and freshwater fish. Of the three groups, sea fish is by far the most important as a source of food. It includes many different kinds of fish with a very wide range of natural characteristics. These offer much scope for differences in processing (smoking, salting, etc.) before they reach the consumer, and still greater scope afterwards in the kitchen.

In the following list, the most important and popular varieties of edible fish are arranged alphabetically under the main groups : (1) sea fish, (2) freshwater fish. The list also shows the season when each variety is in its best condition, though, of course, all kinds of sea fish can be eaten the whole year round.

### **Sea Fish**

Bream (sea)	June to November	Mackerel	April to November
Brill	All the year	Mullet, grey	August to April
Cod	September to May	Mullet, red	May to July
Coal Fish (Coley)	September to May	Plaice	May to January
Conger Eel	June to March	Skate	October to May
Flounder	January, to March	Smelt	September to March
Gurnet	July to March	Sole	March to January
Haddock (fresh)	May to January	Sprat	November to February
Hake	July to January	Turbot	March to December
Halibut	July to April	Whitebait	March to July
Herring	June to February	Whiting	December to March
John Dory	January to March	Witch Sole	August to March
Lemon Sole	December to April		

### **Freshwater Fish**

Freshwater fish must not be caught or sold from March 14th to June 16th except where there is a special bye-law. This allows the stock to be conserved during the breeding season. Freshwater fish are defined by regulation as "any fish living in fresh water, exclusive of salmon, trout and any kinds of fish which migrate to and from tidal waters."

The common varieties under the above definition are :—

Barbel	Eel	Pike
Bleak	Grayling	Rainbow Trout
Bream (freshwater)	Gudgeon	Roach
Carp	Loach	Rudd
Chub	Minnow	Tench
Dace	Perch	

*Fresh Salmon*—Home caught.

Where there is no special bye-law, the close season (*i.e.*, season when the fish must not be sold) is between August 31st and February 1st following.

*Fresh Salmon*—Imported.

No close season.

*Fresh Grilse* (young salmon).

Close season as for salmon. In its prime June and July.

*Fresh Trout* (including char, but excluding rainbow trout, which is listed under Freshwater Fish).

Home caught.

Where there is no special bye-law the close season for trout is between September 30th and March 1st following.

*Fresh Trout*—Imported.

No close season.

## *How to Select Fish*

Everybody who has been lucky enough to eat freshly caught fish knows the difference in flavour between this and the same kind of fish sometimes sold in shops far from the coast. Methods of keeping fish fresh during transit are now being improved. The housewife can do much to encourage improvements in fish distribution and marketing by choosing wisely and refusing to buy stale fish.

The following features are important to look for when choosing fish :—

1. Eyes should be bright and full, not dull and sunken.
2. Gills should be red.
3. There should be no disagreeable odour.
4. Flesh should be firm, not flabby. The tail should not droop.
5. When selecting steaks and fillets avoid any which look watery or fibrous.
6. When selecting flat fish, look at the dark side, for this shows staleness first. Thus the spots on a fresh plaice are brightly coloured, but as it grows stale they turn brownish and dull.
7. A fresh herring has bright silver scales and fins ; a fresh mackerel is even more brightly coloured. Both fish lose their bright colouring when stale.

N.B. For hints on buying shell fish see page 15.

All fresh fish should be cooked the day it is bought as it quickly loses freshness and flavour. Smoked fish such as kipper, bloater, smoked haddock, etc., is only lightly smoked and it is unwise to keep it more than 24 hours without cooking. If fish is put in a refrigerator it should be placed inside a covered container to prevent the fish smell spreading to other foods.

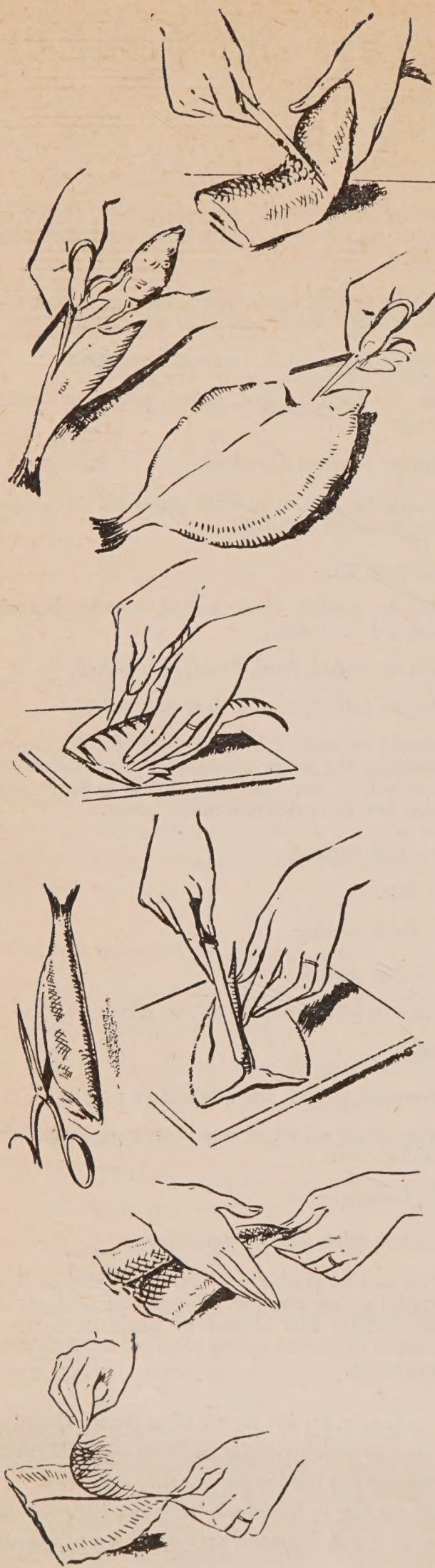
Some people regard fish as an expensive food, but it need not be so if full use is made of the cheaper kinds. Of all fish, the herring gives the best value for money. It can be bought fresh, salted, smoked, pickled or canned ; there is no end to the variety of dishes that can be made with it.

# *The most suitable ways of Cooking different Fish*

All fresh, round white fish, such as cod, haddock, hake, etc.	May be fried, baked, steamed, stewed, poached, boiled, or, if small, cut into suitable portions and grilled.
All fresh flat fish such as plaice, sole, flounder, dab, etc.	May be grilled, fried, baked, steamed or stewed.
Skate and ray	May be fried, baked, steamed or poached.
Eel	May be fried, stewed, jellied, boiled or baked in pies.
Smoked white fish	May be poached or boiled.
Dried or salt white fish	Should be soaked in cold water for 12 hours, then poached or boiled.
Canned fish	See page 23.
Herring, fresh	May be grilled, fried, baked, soured, boiled, poached or stewed.
kipper	May be grilled, fried, baked or poached.
bloater	May be grilled, fried, baked or poached.
salt	Should be soaked in cold water for 12 hours, changing the water occasionally, then boiled or poached, or the flesh may be cut in strips and used raw as hors d'œuvres in salads.
Mackerel, fresh	As fresh herring.
smoked	As kipper.
Pilchard, fresh	As fresh herring.
Sprat, fresh	Fried or grilled.
smoked	Fried or grilled or raw in hors d'œuvres.
Whitebait	Fried.
Salmon, fresh	Steamed, grilled, fried, baked or poached.
smoked	Very finely sliced in hors d'œuvres, salads and sandwiches.
Grilse	As fresh salmon.
Trout	Grilled, fried, baked or poached.
Whale meat	This can be prepared in the same way as beef steak, the best cuts can be fried or grilled, while the cheaper cuts should be made into curry, goulash or stewed slowly with onions and other vegetables.

Most kinds of freshwater fish, especially of the carp family, are improved, after careful cleaning, by being soaked for 2 or 3 hours in well-salted water to which vinegar has been added (2 table-spoons vinegar to 1 pint water). This helps to remove any muddy flavour they may have. Freshwater fish should not be boiled. It may be poached in fish stock (see page 17), stewed, baked or fried. Many kinds are greatly improved by a well-flavoured stuffing or a sharp sauce. For how to prepare and cook shell fish see page 15.

# How to Prepare Fish for Cooking



## To Scale

Use the back of a knife and, holding the fish by the tail, scrape firmly from the tail towards the head. Wash well to remove loose scales.

## To Clean

(a) Round fish such as herrings, whiting, mackerel, etc. Use a pair of kitchen scissors or a sharp knife and slit the belly from the head towards the vent. Remove all the entrails, keeping the roe. Wash well. If desired, remove the head by cutting across behind the gills.

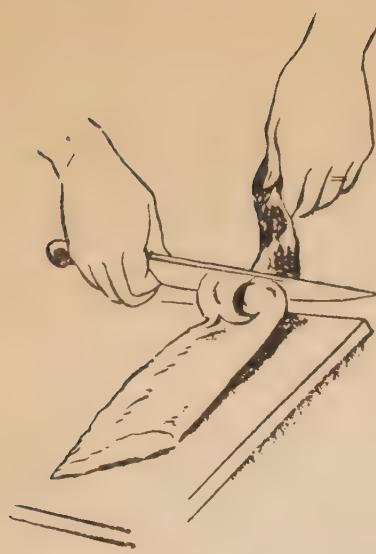
(b) Flat fish such as sole, flounder, dab, etc. The belly is just behind the head. Cut away the gills, open up the belly and clean out thoroughly. If the head is to be removed, do this with a semi-circular cut at the base of the head.

## To Bone or Fillet

(a) Round or flat fish. With a sharp knife slit the fish down the back bone and cut the flesh from the bones on each side. Use the bones and trimmings for fish stock or soup.

(b) Herring. Remove the heads and with a sharp knife or kitchen scissors, slit the belly of the fish down from the head end to the tail. Open the fish gently and place it on a board, inside down. Press hard along the back bone with the fingers to loosen the bone. Turn over, and starting at the head end, lift up the back bone and pull it steadily away from the flesh. Rinse the fish and place it on a sloping board to drain, or dry it on kitchen paper.

## To Skin Fillets



Many people prefer the skin to be removed from fillets before cooking. This is quite easy.

Place the fillets on a board, skin side down. Hold firmly by the tail end and with the aid of a knife, roll the flesh away from the skin, working from the tail to the head and taking care not to cut into the flesh. A little salt on the fingers of the left hand will prevent slipping.

## General Directions for Cooking Fish

### How to tell when fish is fully cooked

As oven cooking tends to make fish fall apart and be tough, dry and tasteless, it is important to be able to tell when it is fully cooked. Test it by pressing gently in the thickest part. If fully cooked, the flesh will easily leave the bones. Fillets are cooked when a creamy white substance begins to run out.

### How to boil fish

(Suitable for whole fish or cuts of a large fish such as cod, hake, skate, haddock, etc., but should not be used for skinned fish or for thin slices or cutlets).

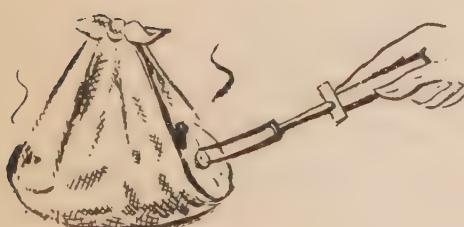
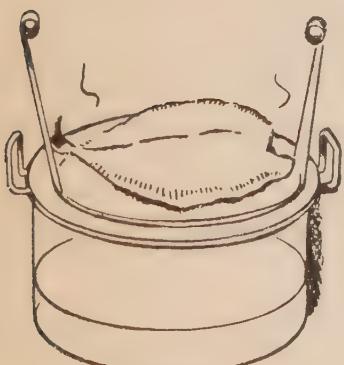


1. Do not use more water than is needed just to cover the fish.

2. Bring the water to the boil and for each quart add 1 tablespoon vinegar, 2 level teaspoons salt and 3 peppercorns. For additional flavouring add a bouquet garni (a small sprig of thyme, a small bay leaf and 2 sprigs of parsley tied together with thick thread), 1 carrot and 1 onion. This will help to give a well-flavoured stock to use for a sauce to serve with the fish or for a fish soup.

3. Put the fish in the boiling water, cover the pan, immediately reducing the heat to below boiling point, and cook for the required time (see below). The fish is more easily handled if placed on a metal steaming rack before being put in the boiling water, or if tied loosely in clean muslin.

4. Test as described above. Drain very thoroughly and serve with one of the sauces given on pages 17-19, using some of the fish stock to make the sauce.



### Boiling Time-table

Thin fish : 7 minutes per pound plus 7 minutes.

Thick fish : 10 minutes per pound plus 10 minutes.

For example, a thin fish weighing 2 lb. needs 7 multiplied by 2 minutes with another 7 minutes added, or 21 minutes in all.

## **How to Steam Fish**

Small fillets or thin slices.

1. Place the fish on a well-greased soup plate. Sprinkle with salt, and if liked, with a little milk.
2. Place the soup plate over a pan of boiling water or cooking potatoes and cover with the saucepan lid or an inverted plate. Steam for 10-15 minutes.
3. Serve with the fish liquid poured over or with one of the sauces given on pages 17-19, using the fish liquor to make the sauce.

Larger cuts.

1. Place the fish in a steamer and sprinkle with salt.
2. Keep the water below boiling all the time the fish is cooking. Times as for boiling (see page 9).
3. Test at the thickest part. The flesh should easily leave the bones.

## **How to Poach Fish**

Suitable for smoked fish and small whole fish, such as haddock, herring, whiting.

1. Half-fill a frying pan or shallow saucepan with water, adding salt and vinegar as for boiling
2. Bring the water to the boil, then add the fish and reduce the heat.
3. Cook gently for the required time (see page 9).
4. Test, drain thoroughly, and serve with melted margarine or butter or one of the sauces given on pages 17-19.

## **How to Grill Fish**

Suitable for steaks or fillets and for small whole fish such as sole, plaice, dab, herring.



1. Heat the grill and grease the grid or grill rack.
2. Small whole fish should be cut across in deep gashes to allow the heat to penetrate, otherwise the outside of the fish will dry up before the inside is cooked. Season the fish well with salt and pepper. Cutlets and white fish should be basted with a little melted fat during grilling, but oily fish such as herring does not need any extra fat.
3. Grill the fish on both sides until done according to test described on page 9. The time varies from 5 to 20 minutes, depending on the size.
4. Serve at once with a suitable sauce (see page 17). Garnish with watercress.

## **How to Fry Fish**

Suitable for fillets, steaks and small whole fish such as herring, sprat, whiting, dab, sole. Shallow or deep frying pan may be used. Shallow frying is better for thick slices or steaks, which require longer cooking for the heat to penetrate thoroughly, and also for herring and mackerel. Fish is improved by being coated before frying. The coating forms a crust on the outside and prevents fat from soaking through.

## How to Coat Fish

Below are five useful ways of coating fish. Whichever is used, the fish should first be thoroughly dried to make the coating stick well.



1. Dip the fish in milk or beaten egg and then in seasoned flour (1 level teaspoon salt and a pinch of pepper to each ounce of flour). It is important to have the fish evenly coated with the egg or milk. A pastry brush will be found useful for this.

2. Coat the fish evenly with beaten egg and then dip it in fine breadcrumbs and pat well to make the crumbs stick. Use fine crumbs because coarse ones fall off during frying and make the fat dirty. White crumbs give a better finish than browned crumbs.

Shake before frying, to remove any loose crumbs.

3. To coat in thin batter and crumbs. Ingredients required are :—

2 oz. flour	Water to mix (approx. $\frac{1}{2}$ pint)
Salt and pepper	Browned breadcrumbs

Mix the flour and seasoning together and use enough water to mix to the consistency of thin cream. Dip the fish in the batter and then in the crumbs. Pat the crumbs well on to the fish.

4. To coat in thick batter. Ingredients required are :—

4 oz. flour	1 egg, fresh or reconstituted
Salt and pepper	Milk or water to mix (approx. 5 tablespoons)

Mix together the flour and seasoning. Add the egg and just enough milk or water to mix to a stiff batter that will coat the back of a spoon thickly. Dip the fish in this batter and make sure it is evenly coated. If fish is first dipped in flour it helps to make the batter stick.

5. To coat herring—roll in fine or medium oatmeal seasoned with salt and pepper.



## How to Fry in Shallow Fat

Use clean fat, free from moisture as water in fat makes it splutter badly. Heat enough fat to cover the bottom of the pan or come halfway up the food. Heat until a faint blue smoke rises. Fry the coated fish until golden brown on one side, turn carefully and brown the other side. If the fish is very thick and requires some time to cook through, lower the heat after it has browned and continue cooking until tender. The time varies from 5 to 20 minutes, depending on the thickness of the fish. When cooked, drain on absorbent paper and serve with a sauce (see pages 17-19).

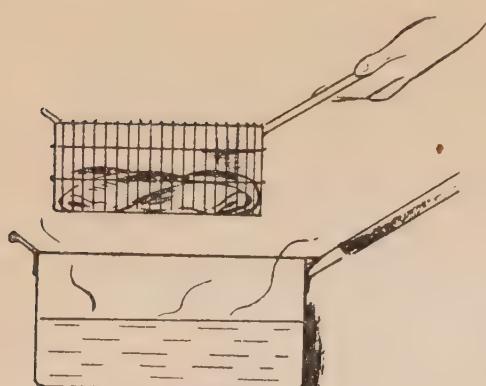
## How to Fry Herring, Pilchards and Sprats without Fat

This method is only possible with a very thick frying pan. Sprinkle the pan with salt and heat it, shaking it occasionally until very hot. Place the fish in the pan and fry until brown and crisp on both sides. Serve hot.

## How to Fry in Deep Fat

1. Use a deep heavy pan and sufficient fat to cover the food, but not to come more than halfway up the pan. This is essential because, when food is added to hot fat, some of the surface moisture

will boil violently in the fat and may cause it to boil over if the pan is too shallow. Many pans sold for deep fat frying are too wide and shallow to be satisfactory. An ordinary saucepan is quite good provided it is of thick metal.



2. A frying basket or a perforated spoon or ladle is needed to lift the fish out of the hot fat. Heat the frying basket in the fat, but do not use it to lower the fish into the fat because the coating of the uncooked fish, when placed directly on the hot wires of the basket, will stick to them.
3. Use one of the fats suitable for frying, such as lard, dripping, cooking fat or oil. It should be clean and free from moisture.
4. Heat the fat gently. When it stops bubbling and a very faint blue smoke rises, it is hot enough to use. If the fat smokes it is burning and will spoil the food.

The temperature of the fat may be tested by dropping in a 1-in. cube of stale bread. If the fat is hot enough this should brown in 1 minute.

If a candy or fat thermometer is available the following are the correct temperatures to use:—

Croquettes and fish cakes 350° F. Cooking time 3-4 minutes.

Fish fillets 370° F.      "      "      4-6      "

Small whole fish 370° F.      "      "      3-5      "

5. Do not try to fry too much fish at once as this reduces the temperature of the fat and the fish will be pale and greasy instead of well browned and crisp.
6. As soon as it is cooked, drain on absorbent paper. Serve very hot with one of the sauces given on pages 17-19. A salad is very good with fried fish as the fresh vegetables counteract any greasiness.
7. Strain the fat through a fine sieve or muslin and keep for further use.

## **How to Oven-Fry Fish (without fat)**

Suitable for fillets and steaks.

Rub each piece of fish with a little salt and pepper, then coat with one of the following coatings:—

1. Egg and browned breadcrumb
2. Milk and browned breadcrumbs.
3. Milk and oatmeal.

Put into a well greased piedish, cover with greased paper and bake in a hot oven or about half an hour. Serve hot with one of the sauces on pages 17-19.

## **How to Bake Fish**

### *Method A (Stuffed)*



Suitable for whole round white fish or a middle cut from a large fish.

1. Scale and clean the fish. If a whole fish such as haddock or whiting is used, leave the head and tail on.
2. Stuff the belly with a savoury forcemeat (see page 17) and sew up with a needle and coarse thread. Do not fill the fish too tightly or it will burst during cooking because the stuffing swells as it cooks. A whole fish may then be skewered into a letter S.



3. Place the fish in a baking tin with a very little fat and cover with a piece of greased paper. Bake in a moderately hot oven until tender. Test as described on page 9. For a fish weighing up to 4 lb. allow 10 minutes per lb. and 5 minutes for each additional pound. Small whole fish such as herring need 10-15 minutes.

4. To serve, remove the skewer and thread and garnish with slices of lemon and parsley. Serve with one of the sauces on pages 17-19.

*Method B (Without Stuffing).* Suitable for whole fish, middle cut from a large fish, steaks or fillets.

1. Season well with salt and pepper.

2. The fish can be sprinkled with a mixture of breadcrumbs and grated cheese and this is particularly good with steaks and fillets. A large piece of fish can have several gashes cut in the top and these can be filled with pieces of tomato.

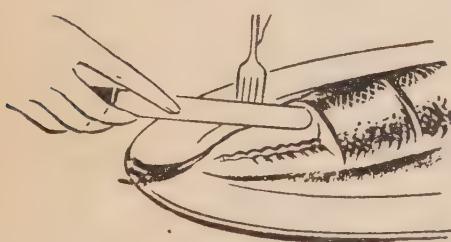
3. Put in a baking tin with a little fat and cook in a moderately hot oven,  $\frac{1}{2}$  hour for big pieces, 10-15 minutes for small pieces.

## **How to Stew Fish**

Suitable for steaks, fillets and small pieces of cod.

1. Place the fish in a saucepan or casserole and nearly cover with fish stock (see page 17), milk or water. Season well.

2. Cover the pan or casserole and cook very gently, either in the oven or on top of the stove. It should not be allowed to boil. For times see "How to Boil Fish" (page 9).



## **Cooked Fish**

### **How to carve a whole cooked fish**

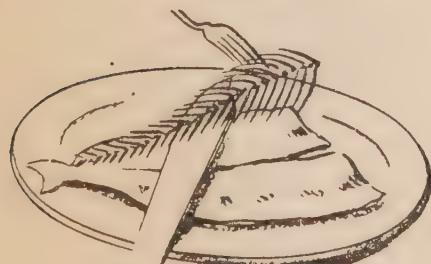
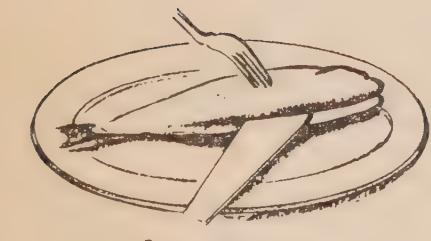
Use a fish knife and fork or a tablespoon and fork. Work along the backbone of the fish, lifting the flesh off one side and then the other. In this way the flesh can be served free from bones.

### **How to bone a cooked herring or small whole fish**

1. Slit down the centre of the back from head to tail, inserting the knife just far enough to touch the backbone.

2. Gently lay back the flesh of the uppermost side, thus revealing the backbone with the smaller bones attached to it.

3. Now insert the knife under the backbone and lift it out gently. It should come clean away.



# *What to serve with Fish*

All fresh fish has a delicate flavour which should not only be preserved by correct and careful cookery, but should be matched with suitable sauces and accompaniments.

When fish forms part of a main meal, potatoes and other vegetables, preferably fresh green vegetables, are required to provide other necessary nutriments. For this purpose there is a wide range of choice. Almost any root or green vegetables that happen to be in season can suitably accompany fish. The possible exceptions (though this is largely a matter of individual taste) are some of the rather strongly flavoured vegetables such as artichokes, turnips, parsnips, sprouts or spinach. Since fish does not usually make a very colourful dish, it is made more attractive in appearance and consequently more digestible by being served with highly coloured vegetables such as fresh greens and tomatoes, or any salad.

The following are some suggestions to act as a guide.

## **What to serve with boiled or steamed fish**

Boiled, mashed or jacket potatoes. Any cooked green vegetable or grilled tomatoes or a mixed green salad, or a salad made of one vegetable such as watercress, tomato or cucumber.

Any of the following sauces would be suitable (for recipes see pages 17-19). Parsley, caper, fennel, lemon, tomato, cheese, egg, anchovy or chutney.

## **What to serve with baked fish**

Baked or boiled potatoes and cooked cabbage or green peas or broad beans or a green salad or baked tomatoes. Any of the following sauces would be suitable (for recipes see pages 17-19): Tomato, brown, anchovy, mustard, sharp, parsley, caper or lemon.

## **What to serve with fried fish**

Fried, sauté or boiled potatoes. Also fried or grilled tomatoes, green peas or broad beans, carrots, beetroot or a green salad. Any of the following sauces would be suitable (for recipes see pages 17-19). Sharp, tomato, mustard, caper or lemon. In addition serve slices of lemon (when available) and chutney. Either pickled red cabbage or pickled beetroot is a good accompaniment.

## **What to serve with grilled fish**

Fried, sauté or boiled potatoes. Also grilled tomatoes, or green peas, broad beans or cooked cabbage, carrots or a salad. Any of the sauces served with fried fish would be suitable. In addition serve with slices of cut lemon (when available).

For the serving of shell fish (see page 16).

# *How to use Fish in other Ways*

## **Cooked Fish**

Use in salads, sandwich fillings and, combined with sauces, in fish cakes, kedgeree and pies.

As with all cooked foods, care should be taken to season well and to see that the fish is warmed through without being overheated or twice cooked.

## **Canned Fish**

Canned fish may be substituted in any recipe which calls for cooked fish as an ingredient. There are also many other ways of using canned fish. Recipes will be found on pages 23, 27 and 29. If stored in a cool dry place, canned fish will keep for 5 years. It is advisable to inspect the cans occasionally to make sure none is "blown" or rusted. "Blown" cans must be discarded, and rusted cans should be used as quickly as possible because the rust will eventually eat through the tin.

Fish in oil, such as sardines, should be turned over occasionally to keep the oil well mixed with the fish and so prevent the top layer from drying.

Open cans of fish will not keep longer than cooked fresh fish.

## Kinds and seasons

Shell fish provides a useful and appetising change, but it contains less nutriment than other kinds of fish and many varieties are not so digestible.

The following list gives the names of the commonest edible varieties of shell fish, with their seasons.

<b>Crab</b>	No close season, but local restrictions imposed. Supplies and condition best April, May and June.
<b>Escallop</b>	Rarely marketed during summer. Best condition from November to March.
<b>Lobster</b>	No legal close season except in Scotland, where it runs from June 1st to September 1st. Most abundant during summer.
<b>Mussel</b>	Seasonable from end of July to April, but best condition in August, September, October and November.
<b>Oyster</b>	September 1st to June 14th.
<i>Native</i>	September 1st to June 14th.
<i>Deep Sea</i>	September 1st to June 14th.
<i>Foreign</i>	All year round.
<b>Prawn</b>	Obtainable all year round, but scarcer in winter.

## How to select Shell Fish

Shell fish of a medium size are best, they should be heavy in proportion to their size. If fresh, the tail of a cooked lobster will spring back sharply when pulled out straight, while of a fresh crab, the joints are stiff and the shell a good colour. The shells of oysters and mussels should be tightly closed.

## How to cook Shell Fish

Excepting oysters, which are usually eaten raw, all shell fish is boiled. In some cases this is the sole method of preparation. In others it is the preliminary step before dressing the flesh, or serving with a sauce. Cooking hardens the flesh and therefore makes it less digestible.

Cook cockles and mussels as follows :—

1. Wash in several waters.
2. Put into a steamer, sprinkle with salt and cook until the shells open a little—about 10 minutes.
3. Remove the flesh from the shell and from mussels take out the small black weed. Strain any liquid into a basin.
4. Serve either hot or cold with vinegar or seasoning, or in a parsley or sharp sauce. Put the cooked cockles or mussels into the made sauce, reheat for a few minutes and serve.

## How to dress a Crab

Crabs will have been boiled when sold by the fishmonger.

1. Twist off the claws, turn the crab on to its back and insert the fingers between the body and the shell, and force apart.
2. Remove the inedible parts : the poisonous "fingers" or gills which will be found stuck to the sides of the shell, the small sac (stomach) and the small greenish intestines.
3. Remove the crab meat from the shell.
4. Wash and dry the shell.
5. Crack the claws with a hammer, but take care not to crush or splinter, and remove the meat.
6. Take 3-4 tablespoons of a thin salad dressing, all the crab meat, 2-3 tablespoons of fresh breadcrumbs, seasoning and mix well together.
7. Fill the shell with the mixture, decorate with chopped egg and parsley and a few claws.
8. Serve with a green salad.

## **How to dress a Lobster**

Lobsters usually have been boiled by the fishmonger. If a live lobster is obtained, tie the claws securely and plunge head first into a saucepan of boiling salted water. This method instantly destroys life. Then boil the lobster gently for 20-40 minutes according to size. When quite cold, dress in the following way :—

1. Twist off the claws, and crack them with a hammer, but take care not to crush or splinter them.
2. Split the tail down the centre with a sharp pointed knife.
3. Dish on a bed of salad, arranging the tail and claws about the head.
4. Serve with oil and vinegar, or a salad dressing, and brown bread and butter.

## **How to serve Shell Fish**

**Crab**      Dressed.

**Escallop**      Stewed and served in a white sauce or dipped in batter and fried.

**Lobster**      Dressed.

**Mussel**      Boiled and served with seasoned vinegar or in a parsley or sharp sauce.

**Prawn**  
**Shrimp**      } In salads, sandwiches or as a garnish in sauces, etc.

In most shell fish there is an inedible part which is either indigestible or more or less poisonous, e.g., the beard of an oyster, the small black weed in a mussel, the dead men's fingers or gills in the lobster and crab. These are to be removed before serving.

All quantities for four

N.B. For those who have no scales, a table of handy measures will be found on page 32.

## *Fish Stock*

Use fish bones, skin, head and other trimmings. Cover with cold water and, to each  $\frac{1}{2}$  lb. of fish, add 1 small onion, 2 cloves,  $\frac{1}{4}$  bay leaf, and a small sprig of parsley.

Bring to the boil, cover and boil for 20 minutes. Strain and use.

## *Stuffings and Sauces*

### **Stuffing for Baked Fish**

4 oz. stale breadcrumbs  
4 level tablespoons chopped parsley  
2 level teaspoons mixed dried herbs  
Salt and pepper to taste

1 oz. fat, melted  
Few drops of lemon substitute  
Milk to mix

Mix all the ingredients together to a stiff consistency. Use to stuff fish or as stuffing balls.

### **Stuffing for Baked Herrings**

2 oz. stale bread, soaked and squeezed  
2 oz. finely chopped onion  
1 level tablespoon chopped parsley  
2 level teaspoons mixed dried herbs

1 level teaspoon salt  
 $\frac{1}{2}$  level teaspoon pepper  
 $\frac{1}{2}$  oz. melted dripping or other fat  
2 teaspoons vinegar

Mix the bread, onion, parsley, herbs and seasoning together. Add the melted fat and vinegar and mix well. Use to stuff herrings before baking.

### **Brown Sauce**

1 onion  
1 small carrot  
1 oz. cooking fat or dripping  
3 level tablespoons flour

$\frac{1}{2}$  pint water or stock  
 $\frac{1}{2}$  level teaspoon salt  
Pepper to taste  
Gravy browning, if necessary

Dice the onion and carrot and fry in the fat until slightly browned. Work in the flour and cook again until dark brown. Add the water or stock gradually, stirring all the time and cook for 15 minutes. Season to taste, add gravy browning if necessary, strain and serve.

### **Cheese Sauce**

1 oz. margarine  
3 level tablespoons flour  
1 pint milk or stock

Salt and pepper to taste  
Pinch of ground mace  
2-4 oz. grated cheese

Melt the margarine and mix in the flour. Add the milk or stock and stir until it boils. Boil gently for 5 minutes. Season well and add the mace and cheese. Stir until the cheese has melted, but do not allow to boil again.

### **Curry Sauce**

1 small onion, chopped  
1 small carrot, chopped  
1 oz. dripping or cooking fat  
1 level tablespoon curry powder  
3 level tablespoons flour

1 pint stock or water  
1 tablespoon vinegar  
1 level tablespoon chutney  
2 level tablespoons sultanas  
1-2 level teaspoons salt

Fry the onion and carrot in the dripping or fat. Stir in the curry powder and flour. Add the stock or water and stir until it boils. Add the other ingredients and boil gently for  $\frac{1}{2}$ - $\frac{1}{4}$  hour.

## **Egg Sauce**

1 oz. margarine  
1 oz. flour  
1 pint milk or stock  
Salt to taste

Pinch of cayenne pepper  
2 hard-boiled eggs, fresh or reconstituted  
A few drops of lemon juice or lemon substitute

Melt the margarine and stir in the flour. Add the liquid and stir until boiling. Boil gently for 5 minutes, chop the eggs and add to the sauce together with the lemon.

## **Mustard Sauce**

2 oz. margarine or butter  
4 level tablespoons flour  
1 pint stock or water

Salt and pepper to taste  
1 level tablespoon mustard  
1 tablespoon vinegar

Melt the margarine or butter and stir in the flour. Add the liquid and stir until it boils. Boil gently for 5 minutes. Mix the mustard with the vinegar, stir into the sauce and season to taste.

VARIATIONS. 1. *Caper.* Omit the mustard. Add 2 level tablespoons coarsely chopped capers or pickled nasturtium seeds.

2. *Fennel.* Omit the mustard and vinegar. Add 4 level tablespoons chopped fennel.

## **Parsley Sauce**

1 oz. margarine  
3 level tablespoons flour  
1 pint milk  
1 level teaspoon salt

½ level teaspoon pepper  
2 tablespoons vinegar  
4 level tablespoons chopped parsley

Melt the margarine in the pan, add the flour and mix well, then add the milk slowly and bring to the boil, stirring well all the time. Boil for 5 minutes. Add the seasoning, vinegar and parsley and serve hot with fish.

## **Salad Dressing**

2 oz. flour  
1 level tablespoon sugar  
2 level teaspoons mustard  
2 level teaspoons salt

½ level teaspoon pepper  
1 pint milk  
3-4 tablespoons vinegar (according to taste)  
½-1 oz. margarine

Mix the dry ingredients with some of the cold milk. Bring the rest to the boil and pour on to the blended mixture. Return to the pan, bring to the boil, stirring all the time, and boil for 5 minutes. Beat in the vinegar and margarine and allow to cool before using.

To make a stiff dressing, use less milk and vinegar.

## **Sharp Sauce**

3 level tablespoons flour  
1 level teaspoon mustard  
1 level teaspoon sugar  
1 level teaspoon salt

½ level teaspoon pepper  
½ pint milk or vegetable water  
1 oz. margarine  
4 tablespoons vinegar

Mix the flour, mustard, sugar, salt and pepper. Mix to a smooth paste with a little of the milk or vegetable water. Boil the remaining milk or water, pour on to the blended flour, return to the pan, then bring to the boil, stirring all the time, and boil for 5 minutes. Remove the pan from the heat and add the margarine and vinegar. Stir and serve hot.

N.B.—Chopped pickles may be added after the vinegar and the sauce served cold.

## **Tomato Sauce**

$\frac{1}{2}$ oz. fat	4 peppercorns
1 onion or leek, chopped	$\frac{1}{2}$ level teaspoon sugar
2-3 bacon rinds, chopped	8 oz. tomatoes, fresh or bottled
1 bayleaf	2 tablespoons vinegar
Sprig of thyme	1 level teaspoon flour, or cornflour

Melt the fat and fry the onion, bacon rinds, bayleaf, thyme and peppercorns for 5 minutes, and then add the sugar, tomatoes and vinegar. Boil gently for 15 minutes. Rub the mixture through a sieve, return to saucepan and reheat. Mix the flour or cornflour with a little cold water. Add to the sauce, bring to the boil, stirring all the time, and boil for 5 minutes.

## *Soups*

### **Fish Soup**

1 lb. fish (haddock if possible)	1 oz. margarine
8 oz. fish trimmings	2 oz. flour
2 pints water	$\frac{1}{2}$ pint milk
3 oz. onion or leek	Salt and pepper to taste
2 cloves	1 level tablespoon chopped parsley

Wash and clean fish and trimmings. Place in a pan with the water, onion or leek and cloves. Bring to the boil and skim well. Cook gently for 10 minutes. Lift out the fish. Remove the skin and flake the fish. Cook the stock for  $\frac{1}{2}$  hour longer. Strain the stock and rinse the pan. Melt the margarine, add the flour, cook without colouring for a few minutes, add the stock and milk and stir until boiling. Add the flaked fish, season and boil gently for 5 minutes. Add the chopped parsley and serve.

### **Fish Chowder**

1 lb. fish	1 pint water
1 large onion, sliced	2 level tablespoons flour
2 bacon rinds	$\frac{1}{2}$ pint milk
1 oz. fat	Pepper to taste
8 oz. raw potatoes, diced	$\frac{1}{2}$ level teaspoon salt
8 oz. raw carrot, diced	Chopped parsley

Cut the fish into small pieces. Fry the onion and bacon rinds in the fat, add the potato, carrot and water. Simmer for 10 minutes and then add the fish; cook until the potato is tender. Remove the rinds. Add the flour mixed with a little of the cold milk and stir until the mixture boils; cook 5 minutes. Add the remaining milk and reheat without boiling. Season and sprinkle with chopped parsley before serving.

This makes a thick soup, suitable for lunch or supper.

### **Mock Oyster Soup**

1-1 $\frac{1}{2}$ lb. fish trimmings	1 small onion or leek, sliced (1 $\frac{1}{2}$ -2 oz.)
1 pint water	8 oz. artichokes
1 level teaspoon salt	$\frac{1}{2}$ level teaspoon pepper
1 blade mace	2 level tablespoons flour
6 white peppercorns	$\frac{1}{2}$ pint milk
1 clove	Chopped parsley
2 level teaspoons mixed herbs	

Wash the fish and cook in the salted water with the mace, peppercorns, clove and mixed herbs in a muslin bag, and sliced onion or leek, for  $\frac{1}{2}$  hour. Strain off the stock and make up to  $\frac{1}{2}$  pint with water. Slice the artichokes and cook in the stock for  $\frac{1}{2}$  hour. Add the pepper, and sieve. Blend the flour with the milk, add to the soup and stir until it boils. Cook gently for a further 5 minutes. Sprinkle with the chopped parsley before serving.

# Main Dishes

For dinner, lunch or high tea

## White Fish

### Baked fillets with Sauce

1 level teaspoon salt  
½ level teaspoon pepper  
1½ lb. mashed potatoes  
1-1½ lb. fillet of fish  
1 small onion or leek, very finely chopped  
Pinch of grated nutmeg

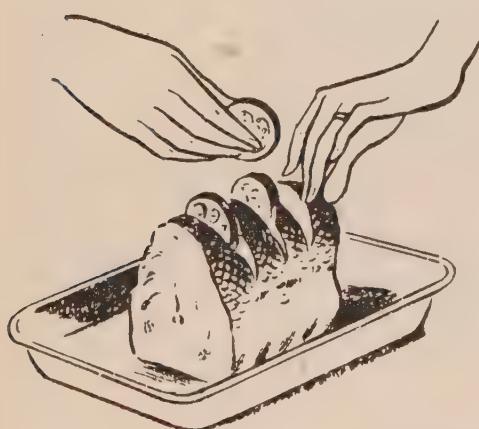
3 level tablespoons flour  
½ level teaspoon ground mace  
Pinch of grated nutmeg  
½ pint milk and water  
½-1 oz. margarine  
Salt and pepper to taste  
Chopped parsley

Add the salt and pepper to the mashed potatoes and beat until smooth. Cut the fish into portions for serving, place the portions in a shallow fireproof dish and sprinkle with the onion or leek, grated nutmeg and a little salt and pepper. Arrange about 6 or 8 rough heaps of potato round the sides of the dish, cover with a margarine paper and bake in a moderate oven for ½ hour or until the fish is cooked. Blend the flour, mace and nutmeg with a little of the milk and water, bring the remaining liquid to the boil and pour on to the blended mixture. Return to the pan and boil gently for 5 minutes, stirring all the time. Stir in the margarine, season to taste and pour the sauce down the centre of the fish. Garnish with chopped parsley.

## Fish Roast

2 lb. middle cut of cod  
8 oz. tomatoes  
1 oz. fat or dripping

1 level teaspoon salt  
Pinch of pepper



Remove any fins and make about four shallow slashes across the back of the fish. Cut one of the tomatoes into thick slices and place one of these in each slash. Dot the fish with the fat or dripping, sprinkle with salt and pepper and put into a baking tin. Put the rest of the tomatoes round the fish and bake in a hot oven for about ½ hour until the fish is cooked. Baste once or twice during the baking.

N.B.—If tomatoes are not available, 8 oz. onion may be used instead.

## Fish au Gratin

1½ lb. raw fillets  
1 oz. bacon fat or dripping  
1 level tablespoon chopped onion  
3 level tablespoons flour  
½ pint milk or water or fish stock

1 level dessertspoon chopped parsley  
1 teaspoon vinegar  
1½ level teaspoons salt  
½ level teaspoon pepper  
Browned breadcrumbs

Place the fillets in a greased fireproof dish. Melt the fat, fry the onion until it is brown. Stir in the flour and brown it, then gradually stir in the liquid. Boil the sauce for a few minutes and stir in the parsley, vinegar and seasoning. Pour this over the fish. Sprinkle with the browned breadcrumbs and bake for about 20 minutes in a moderately hot oven.

## **Fish Pie with Cheese**

1½ lb. mashed potato  
1½ oz. grated cheese  
¾ lb. cooked fish, flaked

½ pint white sauce  
3 level tablespoons chopped parsley  
Salt and pepper to taste

Mix the potato and cheese together, and line a greased pie dish with this mixture, leaving enough to cover the top. Mix the fish, sauce and parsley together and season to taste. Pour into the dish and cover with the remaining potato mixture. Bake in a moderate oven for  $\frac{1}{2}$ – $\frac{3}{4}$  hour. Serve hot.

## **Fish Curry**

½ lb. cooked or canned fish

1 pint curry sauce, see page 17

Add the flaked fish to the hot sauce and heat gently for 5–10 minutes without boiling. Serve with rice, macaroni or mashed potatoes.

## **Fish and Tomatoes**

1 lb. tomatoes  
1 level teaspoon sugar  
½ level teaspoon pepper  
1 level teaspoon salt

1 bay leaf  
A few drops of lemon juice or lemon substitute  
4 fish steaks.

Slice the tomatoes and put into an ovenproof dish with the sugar, seasoning, bay leaf and lemon juice or substitute. Place the fish on top and cover the dish with greaseproof paper. Bake in a moderate oven for about  $\frac{1}{2}$  hour. Serve hot or cold.

## **Macaroni Fish**

6 oz. macaroni  
6 oz. white fish, cut in cubes  
½ level teaspoon pepper

2 level teaspoons salt  
½ pint water  
4 oz. grated cheese

Gently boil the macaroni, fish and seasoning together in the water for about 30 minutes. When tender and the water is absorbed, stir in most of the cheese and turn into a fireproof dish. Sprinkle with the rest of the cheese and brown under the grill or in a hot oven.

## **Paprika Casserole of Fish**

1 lb. fillets of white fish  
2 level teaspoons paprika pepper  
8 tablespoons milk

SAUCE  
3 level tablespoons flour  
2 level teaspoons salt  
½ level teaspoon pepper  
2 level teaspoons made mustard  
Liquid from the casserole made up to  $\frac{1}{2}$  pint with milk and water  
1 tablespoon vinegar

Skin the fish and cut it into pieces about 3 in. long. Place in layers in a greased casserole, sprinkling each layer with paprika. Add the milk. Put the lid on the casserole and cook in a moderate oven for 30 minutes. Drain the fish, keeping the liquid and making it up to  $\frac{1}{2}$  pint with milk and water. Keep the fish hot in the casserole while making the sauce. Blend the dry ingredients with a little of the fish liquid and the made mustard. Boil the rest of the liquid, and when boiling, add it to the blended ingredients. Return to the pan and stir until it boils. Boil gently for 5 minutes. Stir in the vinegar and pour the sauce over the fish. Serve hot.

# Herrings

## Devilled Herrings

3 level dessertspoons dry mustard  
2 level tablespoons sugar  
2 dessertspoons vinegar  
4 herrings, cleaned and boned  
4 level tablespoons chopped onion.

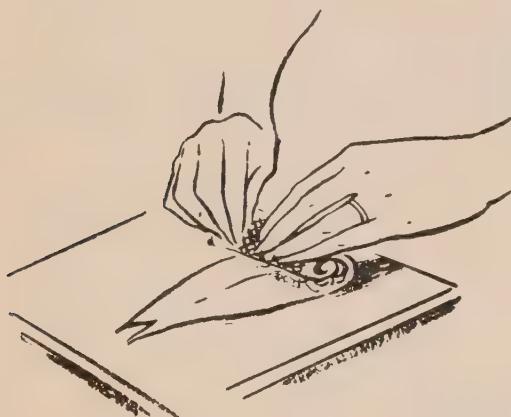
1 bay leaf  
6 cloves  
 $\frac{1}{2}$  oz. margarine  
5 tablespoons water

Mix the mustard and sugar to a paste with the vinegar. Open the herrings flat, spread the mustard mixture on the inside and roll up from the tail end. Fry the onion, bay leaf and cloves in the margarine in a saucepan until well browned. Add the rolled up herrings and the water and cook very gently for 10 minutes. Baste the herrings occasionally with the liquid. When cooked, serve with sweet chutney.

## Soused Herrings

8 herrings, cleaned and boned  
4 oz. onions  
1 level tablespoon mixed pickling spice  
1 bay leaf

1 level teaspoon salt  
 $\frac{1}{2}$  pint vinegar  
 $\frac{1}{2}$  pint water



Roll up the fish with a slice of onion inside each fish. Pack in a baking dish. Scatter pickling spice between the rolls, add the bay leaf and the remainder of the onion sliced. Sprinkle in the salt, pour in the vinegar and water mixed together, and bake in a slow oven for  $1\frac{1}{2}$  hours. Serve hot or cold.

## Swedish Herrings

4 herrings, cleaned and filleted  
2 level teaspoons salt  
2 tablespoons vinegar  
2 tablespoons water

$1\frac{1}{2}$  level tablespoons sugar  
 $\frac{1}{2}$  level teaspoon pepper  
Pinch of ground cloves  
2 level tablespoons brown breadcrumbs

Rub the herring fillets well with the salt and place in a flat dish, with the fillets overlapping slightly. Mix the vinegar, water, sugar, pepper and cloves together and pour over the herrings. Sprinkle on the crumbs and bake in a moderate oven for 20-25 minutes. Serve with boiled potatoes.

## Turkish Herrings

8 oz. onions, finely sliced  
1 oz. dripping  
2 level tablespoons chopped parsley  
1-2 level teaspoons salt

$\frac{1}{2}$  level teaspoon pepper  
1 tablespoon vinegar  
6 tablespoons stock or water  
Pinch of cinnamon

Fry the onions in the dripping until lightly browned, remove from the heat and sprinkle with the parsley. Arrange the herrings on the onion, sprinkle with the seasoning and add the vinegar and stock or water. Cover the pan with a lid and cook over a gentle heat for 20 minutes, or until the herrings are tender. When cooked, turn the stew on to a hot dish, sprinkle lightly with cinnamon and serve very hot with potatoes and a green vegetable.

# Canned Fish

## Devilled Pilchards

1 level tablespoon mustard  
A little vinegar  
1 level tablespoon sugar  
1 oz. margarine or dripping  
1 can pilchards (15 oz. size)



$\frac{1}{2}$  onion, chopped finely  
1 bay leaf  
6 cloves  
 $\frac{1}{2}$  pint juice from the fish, or water

Moisten the mustard with a little vinegar and mix with the sugar and half the margarine. Split the pilchards in halves, spread with the paste, put together again, and arrange in a fireproof dish. Place in a moderate oven or under the grill to heat, while making the sauce. Fry the onion, bay leaf and cloves in the remaining margarine for 2-3 minutes. Add the liquid, bring to the boil and boil gently for 5 minutes. Pour over the fish and return to the oven or grill for 5 minutes longer. Serve hot, garnished with parsley.

## Pilchard Loaf

8 oz. pilchards  
2 oz. browned crumbs  
2 eggs, fresh or reconstituted  
3 tablespoons vinegar

Pinch of ground mace  
Pinch of grated nutmeg  
 $\frac{1}{2}$  level teaspoon pepper  
 $\frac{1}{2}$  level teaspoon salt

Flake the fish and mix it thoroughly with all the other ingredients. Turn into a well-greased cake tin and bake in a moderate oven for 40-45 minutes. Turn out carefully and serve hot with parsley sauce, or cold with salad.

## Salmon Croquettes

(Also suitable for pilchards or sardines)

3 level tablespoons flour  
 $\frac{1}{2}$  level teaspoon ground mace or nutmeg  
 $\frac{1}{2}$  level teaspoon pepper  
1 level teaspoon salt

$\frac{1}{2}$  pint stock or milk and water  
2 teaspoons vinegar  
4 oz. household salmon, mashed  
Browned breadcrumbs



Blend the flour, spice and seasoning with a little of the cold liquid. Bring the remainder to the boil, pour on to the blended flour and mix well. Return to the pan, bring to the boil, stirring all the time, and boil gently for 5 minutes. Beat in the vinegar and fish and turn on to a wetted plate. When cold and firm, divide into 4 or 8 portions and form into sausage shapes. Roll in browned breadcrumbs and grill for a few minutes until golden brown. Serve hot or cold with mixed salad.

# *Dishes for Breakfast, High Tea or Supper*

## **White Fish Curried Kedgeree**

4 oz. pearl barley	1 level tablespoon flour
1 pint water	1 level teaspoon sugar
1 large onion, thinly sliced	2 teaspoons vinegar
½ oz. fat	2 level teaspoons salt
4 level teaspoons curry powder	8 oz. cooked white fish

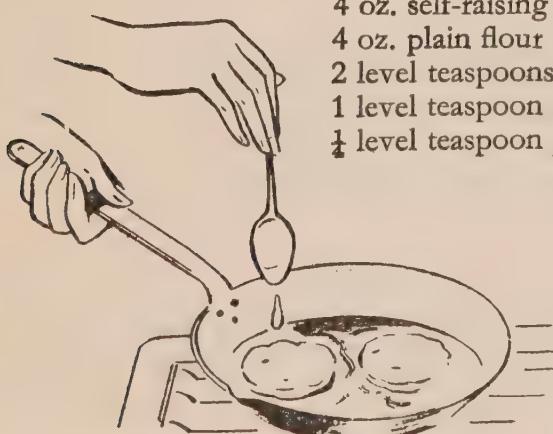
Soak the barley in the water overnight. Fry the onion in the fat till golden brown, stir in the curry powder, cook for 5 minutes and add the flour. Again cook for 5 minutes, then slowly add the liquid which has been strained off the barley, and bring to the boil. Stir in the sugar, vinegar, salt and barley. Boil gently until the barley is tender—about  $\frac{3}{4}$  hour. Add the fish and cook for a further 10 minutes. Serve piled on a hot dish.

## **Fish and Potato Pancake**

1 medium-sized onion, finely chopped	1 teaspoon vinegar
½ oz. dripping or fat	1 level teaspoon salt
$\frac{3}{4}$ lb. potatoes, cooked and sliced	Pepper to taste
1 lb. white fish, cooked and flaked	Chopped parsley

Fry the onion in the dripping or fat until tender. Add the potatoes and fish and fry until brown. Sprinkle over the vinegar, salt, pepper and parsley. Serve hot.

## **Fritters**



4 oz. self-raising flour or	2 eggs fresh or dried
4 oz. plain flour and	$\frac{1}{2}$ pint milk (approx.)
2 level teaspoons baking powder	2-3 oz. cooked flaked fish
1 level teaspoon salt	1 level tablespoon chopped parsley
$\frac{1}{2}$ level teaspoon pepper	Fat for frying

Mix flour, baking powder if used, salt and pepper well together. Mix to a stiff batter with the eggs and milk. Beat well, add the fish and parsley. Fry tablespoons of the mixture in hot fat until golden brown on both sides. Serve at once. This quantity makes about 8 fritters.

## **Pan Hash**

8 oz. cooked mashed potatoes	Salt and pepper to taste
8 oz. cooked vegetables, chopped	
2 oz. flaked cooked fish	1 oz. fat for frying

Mix all the ingredients together. Melt the fat in a frying pan and fry the mixture till well browned on both sides—about 15 minutes.

*Note.* If no cooked vegetables are available, 1 lb. cooked mashed potatoes may be used.

## **Fish Cakes**

8 oz. cooked white fish	½ level teaspoon salt
8 oz. mashed potatoes	Pinch of pepper
1 level tablespoon finely chopped onion	Batter (see below) and breadcrumbs for
1 level tablespoon chopped parsley	coating

Flake the fish finely and mix all the ingredients together. Form into cakes, dip in batter and roll in breadcrumbs. Fry in a little hot fat, or bake in a moderately hot oven until golden brown. (No extra fat is needed for baking.)

*Batter for coating.* 1 level tablespoon flour mixed to a smooth batter with 2 tablespoons water.

## **Herrings**

### **Hard Roes**

These may be washed, dipped in flour or egg and breadcrumbs and fried in a little hot fat till golden brown.

### **Herring Roe Savoury**

Soft roes from 8 herrings (about 8 oz.)	1 level teaspoon salt
½ pint milk and water	½ level teaspoon pepper
3 level tablespoons flour	Cayenne pepper
4 slices of toast	Chopped parsley

Rinse roes. Stew in the milk until they are tender, about 10-15 minutes. Place 2 roes on each piece of toast and keep hot. Mix the flour to a smooth paste with a little cold water, add the boiled milk. Return to the saucepan and stir until boiling. Boil 5 minutes, season well, and pour over the roes. Garnish with chopped parsley.

## **Canned Fish**

### **Fried Pilchards on Fried Bread**

(Also suitable for canned herrings or sardines.)

1 can pilchards (15 oz. size)	Fat for frying, if necessary
4 slices of bread	

Fry the pilchards till brown on both sides. They should be sufficiently oily to fry without extra fat. Remove from the pan and keep hot. Add a little extra fat if necessary to fry the slices of bread till golden brown on both sides. Divide the pilchards on to the four slices of fried bread and serve hot.

### **Grilled Pilchards on Toast**

1 can of pilchards (15 oz. size)

4 slices of buttered toast

Divide the pilchards on to the four slices of toast and place under the grill for several minutes to heat.

### **Sardines and Cheese Sauce**

1 can sardines (4½ oz. size)  
4 slices toast

½ pint cheese sauce, see page 17  
Parsley to garnish

Arrange the sardines on the toast and pour over the hot sauce. Decorate with parsley.

### **Curried Kedgeree**

See under recipes for white fish, pages 26, 28 and 30.

Use 8 oz. canned fish in place of the cooked white fish.

## ***Fish and Potato Pancake***

See under recipes for white fish, pages 26, 28 and 30.  
Use  $\frac{3}{4}$  lb. canned fish in place of the cooked white fish.

## ***Fritters***

See under recipes for white fish, pages 26, 28 and 30.  
Use 2 oz. mashed sardines in place of the cooked white fish and add 1 dessertspoon vinegar.

## ***Fish Cakes***

See under recipes for white fish, pages 26, 28 and 30.  
Use 8 oz. canned salmon in place of the cooked white fish.

## ***Salmon Savoury***

4 level tablespoons flour	$\frac{1}{2}$ level teaspoon mixed herbs
$\frac{1}{2}$ pint water	1 teaspoon vinegar
4 oz. canned salmon	Salt and pepper to taste

Mix the flour with a little of the water, bring the remainder of the water to boiling point, add to the flour paste and allow to boil for 5 minutes. Then add the salmon, herbs, vinegar, and season to taste. Turn on to slices of toast and place under a grill for 2 minutes. Serve immediately.

## ***Pies and Pasties***

### ***White Fish***

#### ***Fish Flan***

6 oz. pastry	$\frac{1}{2}$ pint milk and water
2 level tablespoons chopped onion	$1\frac{1}{2}$ level teaspoons salt
$\frac{1}{2}$ oz. dripping	1 tablespoon vinegar
3 level tablespoons flour	1 lb. steamed white fish
1 level teaspoon paprika pepper	Chopped parsley

Line an 8 in. sandwich tin or flan ring with the pastry and bake blind. Fry the onion in the dripping for 5 minutes without browning, stir in the flour and paprika and cook for 1 minute. Add the liquid and bring to the boil, stirring all the time, and boil gently for 5 minutes. Add the salt, vinegar and flaked fish; heat through and turn into the hot flan case. Garnish with chopped parsley.

#### ***Fish Pasties***

6 oz. pastry	2 level tablespoons chopped onion
8 oz. white fish, cut in cubes	1 level teaspoon salt
4 oz. cooked diced potato	$\frac{1}{2}$ level teaspoon pepper
1 level tablespoon chopped parsley	

Roll the pastry into four 6-in. circles. Mix the fish with the other ingredients and pile a quarter of the mixture on each piece of pastry. Moisten the edges of the pastry and seal into a pasty shape. Bake in a hot oven for 30 minutes. Serve hot or cold with salad.

## **Curried Fish Pie**

1 lb. fillet of fish  
1½ level tablespoons curry powder  
3 level tablespoons flour  
3 oz. dates  
3 oz. onion, chopped

3 level teaspoons salt  
½ level teaspoon pepper  
Just under ½ pint milk and water  
6 oz. short crust pastry

Skin the fish and cut into cubes. Dip the cubes into the curry powder and flour mixed together. Place the fish, dates, onion and seasoning in alternate layers in a greased pie dish (1½ pint size). Sprinkle any remaining curry powder and flour over the fish and pour over the milk and water. Cover with the pastry in the usual way, making a 1-in slit in the pastry cover. Bake in a moderately hot oven for 30 minutes.

## **Herrings**

### **Herring Pie**

8 oz. grated raw potato  
8 oz. grated raw apple  
3 oz. chopped onion  
½ level teaspoon nutmeg  
2 level teaspoons salt

Pinch of pepper  
1 teaspoon lemon substitute  
4 herrings, cleaned and boned  
6 oz. pastry

Arrange half the potato, apple and onion in a pie dish. Sprinkle on the nutmeg, seasoning and lemon substitute. Lay the herrings on top. Cover with the remainder of the potato, apple and onion mixture. Roll out the pastry. Cover the dish with it and bake in a hot oven for 30 minutes.

### **Herring Rolls**

4 herrings, cleaned and filleted  
1 level teaspoon salt  
Pinch of pepper



8 oz. pastry  
2 level tablespoons finely chopped onion

Rub the herring fillets with the salt and pepper. Roll out the pastry and cut into 8 squares as for sausage rolls. Put a fillet of fish on each square and sprinkle with the onion. Damp the edges of the pastry and fold over, being careful to close the edges to prevent any loss of liquid. Bake in a hot oven for about 20 minutes. May be eaten hot or cold.

## **Canned Fish**

### **Creamed Sardine Pie**

3 level tablespoons flour  
½ pint milk and water  
1 level teaspoon salt  
Pinch of pepper  
Pinch of ground mace or nutmeg

1 teaspoon vinegar  
1 can sardines in oil (4½ oz. size)  
6 oz. short pastry  
A little milk

Blend the flour with the milk, bring to the boil, stirring all the time, and boil gently for 5 minutes. Add the seasoning, mace or nutmeg and vinegar. Mix well and beat in the sardines with the oil. Line a 6-in. flan ring or sandwich tin with half the pastry, add the mixture and cover with the remaining pastry. Brush the top with a little milk, and bake in a hot oven for 25–30 minutes. Serve hot or cold with a green salad.

## **Pilchard Pasty**

6 oz. plain flour  
½ level teaspoon salt  
2-3 oz. cooking fat  
1 small can pilchards (12 oz. size)

2 level tablespoons chopped onion  
2 level tablespoons chopped parsley  
2 oz. mashed potato  
1 level teaspoon salt  
½ level teaspoon pepper



Make the pastry by mixing the flour and salt and rubbing in the fat. Mix to a stiff dough with as little water as possible. Make the filling by mixing together the pilchards, onion, parsley, potato, salt and pepper. Roll the pastry to a 12 in. square and spread the filling in a square with its corners to the sides of the pastry. Moisten the edges of the pastry and seal them in an envelope shape. Put the pastry on a baking sheet and bake in a hot oven for 30 minutes.

## *Salads*

## **White Fish**

### ***Fish Fillet Salad***

1 lb. fillet white fish  
1 lettuce  
4 oz. grated carrot  
3 oz. watercress

½ pint salad dressing  
1 level tablespoon chopped pickle  
4 oz. tomatoes, optional

Remove any skin and bone from the fish, cut into 4 portions and steam 15-20 minutes. Leave to cool. Prepare the lettuce and make a bed of it on a dish. Arrange the fish on it and the carrot and watercress round it. Pour the salad dressing over the fish so that it is well coated. Decorate with chopped pickle and tomatoes, if used. This can be served as four individual salads on separate plates.

### ***Soused Fish Steaks and Salad***

4 fish steaks  
½ pint vinegar and water  
8 peppercorns  
1 bay leaf  
1 level teaspoon mixed herbs

½ level teaspoon salt  
1 level tablespoon chopped onion  
1 lettuce  
4 level tablespoons grated carrot  
4 oz. tomatoes

Wash the fish and arrange in a fireproof dish. Mix the vinegar, water, peppercorns, bay leaf, herbs, salt and onion. Pour over the fish and cook in a moderate oven for about 20 minutes. Allow to cool. Prepare the lettuce and arrange on a dish. Place the cold fish steaks on the lettuce and garnish with the carrots and tomatoes. Strain the liquid in which the fish was cooked and serve in place of salad dressing.

## **Spiced Fish Salad**

3 tablespoons vinegar  
2 cloves  
Pinch of pepper  
 $\frac{1}{2}$ -1 lb. cooked fish  
 $\frac{1}{2}$  pint bottled tomatoes or  
4 oz. fresh tomatoes

1 teaspoon Worcester sauce  
1 lb. shredded cabbage  
1 cooked beetroot or 8 oz. tomatoes  
1 bunch watercress

Bring the vinegar, cloves, pepper and fresh tomatoes (if used) to the boil. Pour over the finely flaked fish and allow to stand for 30 minutes. Add the sauce and bottled tomatoes (if used). Arrange the fish on a bed of shredded cabbage (mixed with salad dressing if liked). Decorate with slices of beetroot or tomatoes and the watercress.

## **Herrings**

### **Individual Herring Salad**

1 herring, cleaned and boned  
 $\frac{1}{2}$  level teaspoon salt  
3-4 lettuce leaves  
3 level tablespoons thick salad dressing

2-3 radishes  
 $\frac{1}{2}$  tomato  
A few sprigs of watercress

Rub the herring with the salt and steam it between two plates over a saucepan of boiling water. This will take 10-15 minutes. Arrange the lettuce leaves on a plate with the cold cooked herring. Coat the fish with the salad dressing and decorate with the sliced radishes, tomato and watercress.

## **Canned Fish**

### **Individual Sardine Salad with French Dressing**

3 or 4 outside leaves of lettuce  
1 oz. watercress  
2 oz. cooked peas  
2-3 sardines  
1 level teaspoon chopped onion  
3 or 4 radishes

#### **DRESSING**

$\frac{1}{2}$  level teaspoon salt  
 $\frac{1}{2}$  level teaspoon mustard  
 $\frac{1}{2}$  level teaspoon pepper  
1 level teaspoon syrup  
2 tablespoons oil from the canned fish  
2 tablespoons vinegar

Make a bed of lettuce leaves on a plate and arrange the watercress, peas and sardines on it. Sprinkle the chopped onion on the sardines and garnish with radish. Mix the salt, mustard, pepper and syrup together and gradually mix in the oil. Then stir in the vinegar drop by drop, stirring until the dressing thickens. Serve with the salad.

## **Pilchard Salad**

(Also suitable for canned herrings, mackerel and sardines or for soused fresh herrings or mackerel.)

$\frac{1}{2}$  oz. chopped raw spinach  
6 oz. raw grated carrot  
4 oz. sliced cauliflower

4 pilchards  
Salad dressing  
A few sprigs of cauliflower

Mix the vegetables and place in a bowl. Place the fish on top and decorate with the salad dressing and sprigs of cauliflower.

## ***Sardine and Egg Salad***

1 can sardines (4½ oz. size)	1 cooked beetroot
3 medium-sized potatoes, cooked and diced	4 oz. watercress or shredded cabbage
1 small onion, chopped	2 level tablespoons salad dressing
4 hard-boiled eggs, fresh or reconstituted	1 level tablespoon chopped parsley

Mix the sardines with the potatoes, onion and 1 chopped egg. Add the salad dressing. Pile on a bed of watercress or cabbage. (If desired, mix the cabbage with a little extra dressing.) Decorate with alternate heaps of sliced beetroot and hard-boiled egg, sprinkled with chopped parsley.

## *Sandwich Fillings and Spreads*

### **White Fish**

#### ***Fish Paste***

3 oz. cooked fish	1 tablespoon vinegar
3 oz. mashed potatoes	1 level teaspoon made mustard
1 level tablespoon chopped parsley	Salt and pepper to taste
2 level tablespoons chopped onion	½ oz. melted margarine

Flake the fish and mix it with all the other ingredients. Mix thoroughly to form a smooth paste. Use as a sandwich spread or on toast.

### ***Fish Sandwiches***

8 oz. cooked flaked fish	Half a lettuce, shredded
4 level tablespoons chopped pickle	1 level teaspoon salt
4 tablespoons salad dressing	

Mix the fish and pickle with the salad dressing. Spread the mixture on 4 slices of bread and butter. Put a layer of lettuce on top and sprinkle with salt. Cover with the other slices of bread and butter.

### **Herrings**

#### ***Herring Spread (i)***

6 oz. cooked flaked herring	½ level tablespoon finely chopped onion
½ oz. margarine, melted	1 level tablespoon chopped parsley
1 level teaspoon salt	2 teaspoons vinegar
Pinch of pepper	

Mash the ingredients together to form a smooth paste. Use as required for a sandwich filling or on hot toast. If preferred the onion may be fried in the melted margarine before adding to the mixture.

# Canned Fish

## Herring Spread (ii)

2 level tablespoons oatmeal

Half an 8 oz. can herrings or other fish

4 level tablespoons shredded raw root vegetables

Vinegar or salad dressing to flavour

Put the oatmeal in a tin and toast until crisp. Mash the fish and oil in a basin. Add the oatmeal and grated vegetables. Add enough salad dressing or vinegar to bind the ingredients together. Spread on rolls or slices of bread which do **NOT** need to be spread with butter or margarine.

## Watercress and Salmon or Sardine Spread

4 level tablespoons flaked tinned salmon or mashed sardines  
1 tablespoon vinegar

4 level tablespoons chopped watercress  
1 level dessertspoon chopped leek or onion  
Salt and pepper

Mix all the ingredients together, seasoning well. Use as a sandwich filling.

## Fish and Cabbage Spread

4 oz. pilchards or sardines  
4 oz. finely shredded cabbage  
1-2 level tablespoons chopped parsley

1 tablespoon vinegar  
1 level teaspoon mustard  
2 level teaspoons salt

Mix all the ingredients together, mixing in some of the liquor from the fish. Beat well and use as a filling for scones, rolls or sandwiches.

# 4 Handy Measure Table

The measures used are the Standard British Kitchen Measuring Cup, tablespoon and teaspoon  
The cup holds half a pint. The figures given here are a useful average.

## All measures are level

Food					Weight of 1 cup
Beetroot, raw, grated	.	.	.	.	6 oz.
,, cooked, chopped	.	.	.	.	8 „
Breadcrumbs, fresh	.	.	.	.	3 „
,, dry, sifted	.	.	.	.	6 „
Bread, soaked and squeezed	.	.	.	.	7 „
Cabbage, raw, shredded	.	.	.	.	2 „
Carrots, raw, grated	.	.	.	.	3 „
,, cooked and diced	.	.	.	.	6 „
Cheese, grated	.	.	.	.	5½ „
Flour, unsifted	.	.	.	.	5 „
Margarine or fat	.	.	.	.	8 „
Oatmeal, medium	.	.	.	.	6½ „
Peas, cooked	.	.	.	.	8 „
Potato, cooked, mashed	.	.	.	.	8 „
Sultanas	.	.	.	.	6½ „

## Handy Spoon Measures

Number of level tablespoons in 1 oz.

Beans, cooked	.	.	.	.	3 level tablespoons
Breadcrumbs, fresh	.	.	.	5	„ „ „
,, dry	.	.	.	3	„ „ „
Carrot, raw, grated	.	.	.	4	„ „ „
Cheese, grated	.	.	.	4	„ „ „
Flour	.	.	.	3	„ „ „
Oatmeal, medium	.	.	.	2	„ „ „
Onion, chopped	.	.	.	3	„ „ „
Potato, cooked, mashed	.	.	.	1	level tablespoon
Sultanas	.	.	.	2	level tablespoons

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